

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

DECEMBER 2019

Vol. IX Issue XII

"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to
share in the newsletter please send
information to Marla Fuller at
marla.fuller@cincinnati-oh.gov

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Deadline quickly approaching for 2020 health insurance open enrollment

Do you need health insurance coverage? Now is the time to enroll in a 2020 health plan, as open enrollment for health coverage through the Affordable Care Act marketplace is officially underway. The Health Insurance Marketplace Open Enrollment period is shorter than previous years and will run only through December 15, 2018. This year, consumers will only have 40 days to enroll and/or update their current Marketplace coverage, instead of the original 90 day period.

Open enrollment is the time period each year when you're allowed to start, stop or change your [health insurance](#) plan. Normally, you sign up around the end of one calendar year for coverage that lasts the next full year.

Currently, ten million Americans have government-sponsored health insurance under the measure. Health coverage and the financial support that make insurance affordable are up against a variety of scrutiny and challenges this year so it's important to enroll now so you can get the coverage you need.

While costs for marketplace plans is expected to increase next year, the Trump administration is also ending reimbursements for insurance companies required to provide low-cost plans. On average, consumers will see an increase of 34% for the most popular type of exchange plan.

Consumers should contact the **Outreach and Enrollment Team at (513) 564-2273 to schedule an appointment** at one of CHD's community health centers for enrollment assistance. Appointments are available at the following CHD locations:

- Ambrose H. Clement Health Center – 3559 Readind Road, Suite 101, 45229
- Braxton F. Cann Memorial Medical Center – 5818 Madison Rd., 45227
- Citylink Center – 800 Bank St., 45214
- Crest Smile Shoppe – 612 Rockdale Ave., 45229
- Elm Street Health Center- 1525 Elm St., 45202
- Millvale at Hopple Street Health Center – 1750 Beekman St., 45225
- Northside Health Center – 3917 Spring Grove Ave., 45223
- Price Hill Health Center – 2136 W. 5 St., 45204
- Walnut Street Health Center – 1005 Walnut St., 45202



I would like to extend a celebratory shout out to Shane Satterfield, Justin Berry, Eric Washington, Sheila Bonner, and Ms. Barbarette Bell for all of their hard work with the Safe Places Cincy

program.

Because of the their team effort, Cincinnati Health Department received the Practice-Based Research Network Award from the Center for Clinical and Translational Science and Training (CCTST). Established by the University of Cincinnati College of Medicine in October 2005, CCTST is directed by James Heubi, MD, Professor of Pediatrics and Associate Dean for Clinical and Translational Research, with the support from the program directors and staff.

Safe Places Cincy was nominated for an Advocacy, Partnership and Research Award by Board of Health Board Member, Dr. Monica Mitchell. The Center for Clinical and Translational Science and Training (CCTST) is proud to award honors each year and highlight the dedicated work in our communities and our academic health centers who contribute to creating a healthier greater Cincinnati all year round!



Events & Shout Outs!

December 1

World AIDS

Day!

December 1-31 Safe Toys and Celebrations Month

December 1-7 Handwashing Awareness Week

December 1-7 Influenza Vaccination Week

December 2-6 Older Driver Safety Awareness Week

CHD Welcomes New Hires and Transfers to the team

CCPC/DENTAL

*Neissa Bender - Expanded Function Dental Asst (EFDA) 11/3/2019

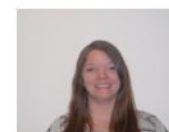
CENTER FOR HEALTH INFORMATION, PLANNING and RESEARCH (CHIPR)

*Angelina Burton - Division Manager, 11/17/2019

*Stephanie Courtney - Epidemiologist, 11/3/2019

FINANCE

*John McCafferty - Accountant, 11/3/19 (not pictured)



CHD wishes everyone a safe and happy holiday season!

CHD is a leader in HPV vaccination in Hamilton County and the state of Ohio

The Cincinnati Health Department (CHD) operates seven Federally Qualified Health Centers (FQHC), one freestanding dental center, one free-standing vision and dental center and 14 school-based health centers. The CHD is a leader in HPV vaccination in Hamilton County and the state of Ohio.

As a grantee under the state's "Get Vaccinated Ohio" initiative, the CHD has implemented several practice changes to increase HPV vaccination rates within its own health centers. The health centers now hold morning huddles to assess HPV vaccination status of patients scheduled for that day. Health center clinicians recommend the HPV vaccine the same way and on the same day as other adolescent vaccines. The CHD has also implemented reminder/recall strategies for the seven FQHCs and monitored HPV vaccination compliance using letters and phone calls.

Through "Get Vaccinated Ohio" grant funds, CHD nurses worked with the Ohio Chapter of the American Academy of Pediatrics to conduct peer-to-peer Teen Immunization Education Sessions (TIES) for nurses in its health centers and other private practices focused on the importance of HPV vaccination among adolescents. The CHD conducted 28 of these sessions from July 2018-June 2019. During the same time period, the CHD performed 29 Assessment, Feedback, Incentives, and eXchange (AFIX) (now known as [Immunization Quality Improvement for Providers](#), or IQIP) audits in their jurisdiction. As a result of these audits and educational sessions, all Hamilton County healthcare providers have been engaged in improving their HPV vaccination rates.

"Get Vaccinated Ohio" has also supported the health department's efforts to educate the wider community about the importance of HPV vaccine. The CHD provides adolescent vaccine information for families in both English and Spanish at community health fairs. For example, the team created an HPV vaccination flyer listing YouTube videos about adolescent immunizations. The team also promotes HPV vaccination on CHD social media platforms throughout the year. Thanks to these efforts, the health department's health centers have achieved an HPV vaccine completion rate of 82%. For its role in promoting HPV vaccination within its own health centers and throughout Hamilton County, the Cincinnati Health Department is Ohio's 2019 HPV Vaccine is Cancer Prevention Champion.

Prepare your home and car for winter weather

The weather has a habit of changing pretty rapidly, especially in Ohio during the winter months. Powerful winter storms driven by jet streams moving at a speed of 200 mph can bring large amounts of snow and ice causing whiteout conditions. In some cases the temperatures can drop over 50 degrees in a matter of hours. If travelers don't check the weather forecast and plan accordingly, these fast-changing conditions can be a matter of life or death when we are on the road.

While the danger from winter weather varies depending on where you live, nearly everyone is likely to face some type of severe winter weather at some point in their lives. Many winter storms are accompanied by dangerously low temperatures and sometimes bring strong winds, ice, sleet and freezing rain, or a combination of these conditions.

Regardless of the severity of a winter storm, plan now to be able to stay where you are when the storm hits. This means having basics supplies of food and water in several locations, including in your home, vehicle and workplace. Be sure to listen to weather forecasts and check your emergency supplies.

Winterize your home:

- Install a smoke detector and a battery-operated carbon monoxide detector. Test the batteries each month and replace them twice a year.
- Insulate walls and attic and any water lines that run along outer walls so they are less likely to freeze.
- Repair roof leaks and cut away tree branches that could fall on your home during a storm.
- Install storm windows or cover windows with plastic from the inside.
- Have your chimney or flue inspected each year.
- Caulk and weather-strip doors and windows.
- Service all snow-removal equipment.



In your vehicle:

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, make sure the tires have adequate tread, and check the air pressure in the tires.
- During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.

A Message from the Board of Health



Phil Lichtenstein, MD
Chair, Board of Health

I'd like to extend a warm welcome to our newest Board of Health member, Edward B. Herzig, M.D. Dr. Herzig is a retired Internist and Rheumatologist.

He earned his Bachelor of Arts degree from Adelbert College Western Reserve University, and his medical doctorate from the College of Medicine, University of Cincinnati. Dr. Herzig was a private practice, Internal Medicine and Rheumatology

He has published over 25 research publications during his career.

Dr. Herzig has served on CASA ProKids, Tax Levy Review Committee, Hamilton County Ohio Board of County Commissioners, Safety and Security Committee for Rockdale Temple and a board member of the Center for Respite Care. He is also active on the Zoological Society, Cincinnati Art Museum. A United States Air Force veteran.



Preventing frostbite and hypothermia

When the weather is extremely cold, try to stay indoors. If you must go outside, dress properly. Staying out in the cold too long can cause serious health problems. Hypothermia and frostbite are the most common cold related health problems.

Hypothermia, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well.

Frostbite is a serious condition that's caused by exposure to extremely cold temperatures. It is a bodily injury caused by freezing that results in loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation.

According to the Centers for Disease Control and Prevention, you may have a greater risk of developing frostbite if you:

- Have poor blood circulation
- Are not properly dressed for extremely cold temperatures

Recognizing frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- Numbness: victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

What to do

- If you detect symptoms of frostbite, seek medical care. First determine whether the victim also shows signs of hypothermia is a more serious medical condition and requires emergency medical assistance.
- If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:
 - Get into a warm room as soon as possible.
 - Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
 - Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
 - Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
 - Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
 - Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

Remember that these procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider.

Be prepared

Taking a first aid and emergency resuscitation (CPR) course is a good way to prepare for cold-weather health problems. Knowing what to do is an important part of protecting your health and the health of others.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.



Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products

Smoking leads to disease and disability and harms nearly every organ of the body. More than 16 million Americans are living with a disease caused by smoking. For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

The Centers for Disease Control and Prevention (CDC) has identified vitamin E acetate as a chemical of concern among people with e-cigarette, or vaping, product use associated lung injury (EVALI). Recent CDC laboratory testing of bronchoalveolar lavage (BAL) fluid samples (fluid samples collected from the lungs) from 29 patients with EVALI submitted to CDC from 10 states found vitamin E acetate in all of the samples. Vitamin E acetate is used as an additive, most notably as a thickening agent in THC-containing e-cigarette, or vaping, products.

CDC has analyzed national data on use of THC-containing product brands by EVALI patients. Overall, 152 different THC-containing product brands were reported by EVALI patients. Dank Vapes, a class of largely counterfeit THC-containing products of unknown origin, was the most commonly reported product brand used by patients nationwide, although there are regional differences. While Dank Vapes was most commonly reported in the Northeast and South, TKO and Smart Cart brands were more commonly reported by patients in the West and Rove was more common in the Midwest.

The data further supports that EVALI is associated with THC-containing products and that it is not likely associated with a single THC-containing product brand.

CDC recommends that people should not use THC-containing e-cigarette, or vaping, products, particularly from informal sources like friends, family, or in-person or online dealers. In addition, people should not add any substances to e-cigarette or vaping products that are not intended by the manufacturer, including products purchased through retail establishments.

THC-containing products continue to be the most commonly reported e-cigarettes, or vaping, products used by EVALI patients, and it appears that vitamin E acetate is associated with EVALI. However, many substances and product sources are being investigated, and there might be more than one cause. Therefore, while the investigation continues, persons should consider refraining from the use of all e-cigarette, or vaping, products.

CDC recommends that people should not use THC-containing e-cigarette, or vaping, products, particularly from informal sources like friends, or family, or in-person or online dealers. While this investigation is ongoing, vitamin E acetate should not be added to e-cigarette, or vaping, products. In addition, people should not add any substance to e-cigarette or vaping products that are not intended by the manufacturer, including products purchased through retail establishments.

Key Facts about Use of E-Cigarette, or Vaping, Products

- Electronic cigarettes—or e-cigarettes—are also called vapes, e-hookahs, vape pens, tank systems, mods, and electronic nicotine delivery systems (ENDS).
- Using an e-cigarette is commonly called vaping.
- E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs.
- The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances and additives. THC is the psychoactive mind-altering compound of marijuana that produces the “high.”

Key Facts about Vitamin E Acetate

- Vitamin E acetate is used as an additive, most notably as a thickening agent in THC-containing e-cigarette, or vaping, products.
- Vitamin E is a vitamin found in many foods, including vegetable oils, cereals, meat, fruits, and vegetables. It is also available as a dietary supplement and in many cosmetic products, like skin creams.
- Vitamin E acetate usually does not cause harm when ingested as a vitamin supplement or applied to the skin. However, previous research suggests that when vitamin E acetate is inhaled, it may interfere with normal lung functioning.

CHD Announces Ms. Marilyn Goldfeder, Employee of the Month, December 2019



Ms. Marilyn Goldfeder, RN, MPH, has worked as a registered nurse for the Cincinnati Health Department since 1996. She started with the Maternal Child Health office, and worked there for 11 years. Because Ms. Goldfeder speaks Spanish, she received every single referral for Spanish speaking families that came through that office. She then transferred to the Childhood Lead Poisoning Prevention Program, where she's worked for the past 12 years. Ms. Goldfeder developed the Primary Prevention Program for Lead, making Cincinnati the first city in the country to have such a program, well before the Centers for Disease Control and Prevention (CDC) dropped the lead poisoning level

to 5 ug/dL in children.

Since 2007, Ms. Goldfeder was critical in developing the processes to case manage children with lead levels between 5-9 ug/dL. Research indicates that if a child has these lead levels and is not case managed, they will end up with lead levels of 10 ug/dL and above. Hence, initiating this program was a necessity so we could intervene and prevent lead poisoning before a child was lead poisoned. Not only did she contribute to the physical and mental well-being of children, but the protocols created were shared and adapted by many other programs nationwide.

She also had an article published in the *American Journal of Public Health* on childhood effects of lead at the lower levels and presented her paper at the American Public Health annual seminar. She developed an instructional video, Cincinnati's Lead-Free Kids, which can be googled, and currently is collaborating with other agencies, such as Santa Maria and Su Casa, in an effort to educate the public about the dangers of lead. Ms. Goldfeder also makes home visits to families with young children to instruct them about lead and connect them with services.

"Ms. Goldfeder works tirelessly and goes above and beyond her call of duty in safeguarding these children. She has not taken a single sick day in the last several years," stated Rashmi Aparajit, MS, RS, LRA, HHS, Lead Program Director, Childhood Lead Poisoning Prevention Program (CLPPP).

Her dedication doesn't stop there. Since her work involves home visits to various low-income family all over the City, for many years, she created a "Christmas family" choosing one that was most needy out of the families she saw. "A list of family members and their "wish list" was meticulously created and the Lead Program staff contributed to make someone's Christmas a happy one! There are so many little things she does for others on a daily basis, that are too many to mention. She makes a difference in the lives of people known and not known to her on a daily basis," explained Ms. Aparajit.

Ms. Aparajit said that the quote that best describes Ms. Goldfeder is, "It's not how much you do, but how much love you put into what you do that counts." – Mother Theresa

CHD's Dental Division receives a \$100,000 Grant

This is a grant from the Ohio Department of Health, as part of the Maternal and Child Health Block Grant, aimed to improve the health of low-income pregnant women, mothers and children. CHD was chosen from the State of Ohio to receive the funds that will allow 1,000 uninsured women and children to receive dental care each year. This grant comes with a non-competitive renewal, that will allow us to renew for the next 2 years. That is \$100,000 per year for a total of \$300,000 and even better, providing 3,000 uninsured women and children with dental care at Cincinnati Health Department sites! Congratulations to our phenomenal Dental team for positively changing the lives of those in our communities!



Do you follow CHD on social media?

If not, be sure to like and follow:



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